

The 25-item resilience scale of Wagnild and Young

Item no.	Item	1	2	3	4	5	6	7
1	When I make plans, I follow through with them							
2	I usually manage one way or another							
3	I am able to depend on myself more than anyone else							
4	Keeping interested in things is important to me							
5	I can be on my own if I have to							
6	I feel proud that I have accomplished things in life							
7	I usually take things in stride							
8	I am friends with myself							
9	I feel that I can handle many things at a time							
10	I am determined							
11	I seldom wonder what the point of it all is							
12	I take things one day at a time							
13	I can get through difficult times because I've experienced difficulty before							

14	I have self-discipline								
15	I keep interested in things								
16	I can usually find something to laugh about								
17	My belief in myself gets me through hard times								
18	In an emergency, I'm someone people can generally rely on								
19	I can usually look at a situation in a number of ways								
20	Sometimes I make myself do things whether I want to or not								
21	My life has meaning								
22	I do not dwell on things that I can't do anything about								
23	When I'm in a difficult situation, I can usually find my way out of it								
24	I have enough energy to do what I have to do								
25	It's okay if there are people who don't like me								